



## Case Report

### Pneumonia, Polycythaemia Vera, Body Pain

#### Patient's Details:

Female 43 years old. First visit 01 Nov 2010.

Treatment: Acupuncture and Herbs

#### Main Problems:

Pneumonia: since Nov 2007

Polycythaemia Vera: since 1988

Body Pain: since Nov 2009

#### Symptoms: ( 1st, Nov, 2010 )

##### Pneumonia:

1. Cough, breath heavily sometimes , lots of clear phlegm , difficult to cough out phlegm, breathe better after coughing.
2. Allergic to pollen and animals.
3. Tired and feeling hot easily but no temperature.
4. No sore throat, no asthma, no COPD.

##### Polycythaemia Vera:

1. Too many red blood cells.
2. Sometimes needs blood transfusion to stop bleeding.

##### Body pain:

1. "Intensive dull pain" described by client.
2. Difficult to walk.
3. No abnormality in CT, MR Scan.
4. No arthritis, rheumatism.
5. Pain moves on different joints. Sometimes whole leg or arm.

##### Others:

1. Sinusitis
2. Enlarged spleen (20 years)
3. Period lasts 5-6 days, 25 days cycle. No pain.
4. No high blood pressure, diabetes, heart problem, thyroid problem and asthma.
5. Dry eyes, deep thread pulse, red tongue, less tongue coating.

#### Diagnosis:

Blood-Arthralgia

According to TCM, the client is defined as “the patient with a past history of bleeding and tendency to bleed” because she has Polycythaemia Vera since 1988. In the last 23 years, she has very bad blood and Qi deficiency and insufficiency of blood fluid. Finally, all these symptoms leads to “BLOOD ARTHRALGIA”<sup>1</sup>.

She has enlarged spleen for more than 20 years. The function of the spleen is weakened. As a result, it is easier to have “retention of phlegm and fluid”<sup>2</sup>. She will also have cough and obstruction of Lung because of stubborn phlegm. This stubborn phlegm has harmed nasal cavity. Sometimes blocked and sometimes running nose.

She also has interior heat syndrome resulting from yin deficiency<sup>3</sup>. Dry eyes, red tongue and less tongue coating, deep thread pulse.

The result of Spleen deficiency: (-> means developing, step by step)

1. Loss of transportation and transformation of digested food and drink-> Tendons and vessels are lack of nutrition-> Body pain caused by no nourishment.
2. Loss of transportation of body fluid-> retention of water -> obstruction of Lung because of stubborn phlegm->cough
3. The spleen cannot control blood flow<sup>4</sup>->abnormality of blood cells->over bleeding or thicker blood

#### Progress:

The treatment focuses on “regulating” rather than “reinforcing” for two reasons. Firstly, invigorating (reinforcing) too much will result in extra heat and impairment of body fluid. Secondly, nourishing Yin too much will result in extra phlegm and dampness.

From the third session on 15 Nov 2010, there was no pain for the whole week. The cough and tiredness were getting better gradually and she even booked a week holiday in Mid-Jan 2011. The pain came back twice when she was on holiday because of the travelling. Until March 2011, the pain, cough, tiredness have almost gone and quite stable. The spleen was slightly smaller and the abnormality of blood cells is getting less when she had it checked on April 2011. She moved to another country with her family in Aug 2011 and brought all treatment details with her. She hoped to find another TCM practitioner to help her in the new country.

#### Treatment:

Acupuncture: Huagai (RN20), Quchi(LI11), Tiantu(RN22), Zusanli(ST 36), Sanyinjiao(SP 6)

If Knees painful then use Hedong(Extra 31) instead of Zusanli(ST 36)

If no cough, then no Tiantu ( RN22).

Because she has Polycythaemia Vera, I don't use too many acu-points and do not put needles too deep just in case the needles break blood vessels causing

bleeding.

Herbal prescription:

Chinese Yin	Pin	Latin Name	English Name
Sang Bai Pi		Cortex Radicis Mori Albae	Mulberry White Bark
Zi Yuan		Asteris Radix	n/a
Bai Zhu		Rhizoma Atractylodis Macrocephalae	White Atractylodes Rhizome
Dang Shen		Radix Codonopsis Pilosulae	Codonopsis Root
Zhe Bei Mu		Fritillariae Thunbergii Bulbus	Thunberg Fritillaria Bulb
Jie Geng		Platycodi Radix	Root of the Balloon Flower
Huang Qi		Radix Astragali Membranacei	Astragalus
Chen Pi		Pericarpium Citri Reticulatae	Aged orange peel
Dang Gui		Radix Angelicae Sinensis	Chinese Angelica Root
Gui Zhi		Ramulus Cinnamomi Cassiae	Cinnamon Twig
Gan Cao		Radix Glycyrrhizae	Licorice Root
Bai Shao		Radix Albus Paeoniae Lactiflorae	White Peony Root
Da Zao		Fructus Zizyphi Jujubae	Date, Jujube
Gan Jiang		Fresh Ginger	Fresh Ginger
(Suan Ren)	Zao	Semen Zizyphi Spinosae	Sour date seed
(Yuan Zhi)		Radix Polygalae Tenuifoliae	Chinese Senega Root

In this herbal prescription, I use Decoction of Five Herbs including Astragalus and Cinnamon plus: zhe bei mu, sang bai pi, zi yuan, dang shen, bai zhu, chen pi, dang gui and jie geng to Reinforce the spleen to replenish qi, resolve phlegm and nourish tendon and vessels.

Sang bai pi, Zi yuan and Zhe bei mu:

Clear the lung, resolve phlegm and stop coughing. Among them, Zhe bei mu works better at clearing the lung and dispersing accumulated stubborn phlegm than Chuan bei mu. Sang bai pi detoxes lung-heat and dampness. Zi yuan treats and nourishes the lung and opens the obstruction of lung. Using these three herbs to Clear and Nourish the Lung and invigorate Lung Qi.

Bai zhu and Dang shen:

Bai zhu is good for spleen and qi. Dang shen will also reinforce qi and protect Yin. Dang shen is better than Ren shen in terms of warm and heat diseases.

Chen pi:

Promotes the flow of qi and resolves phlegm. The phlegm and fluid will flow better if qi flows better.

Jie geng:

Clears the stubborn phlegm.

Dang gui and Huang qi:

Replenish blood, nourish Qi and blood. Although the cause of her problem is blood deficiency, the treatment focuses on invigorating Qi and reinforcing the spleen. The reason for this is because Qi governs blood and blood originates from Qi.

Gui zhi, Gan cao, Bai shao and Da zao:

Using Gui zhi and Huang qi to invigorate qi and activate yang. Ginger disperses the pathogenic factor attacking the exterior of the body. Da zao invigorates qi, Bai shao promotes blood flow and clears arthralgia. It regulates ying-wei<sup>5</sup>.

After a couple of days, when the pathogenic factor attaching the exterior of the body has been dispersed, stop Ginger and reduce gui zhi. Keep the function of promoting the circulation of yang and preventing too much warm and heat (pathogenic factors).

If not sleeping well, add Suan zao ren 10g, Yuan zhi 10g. Used fresh ginger in the beginning of the treatment, then removed it. Details can be found in the diagnosis of Lynn's problems.

Notes from TCM perspectives:

1. In Chinese it is called Xue Bi. English name is Blood-Arthralgia according to <<A Practical Chinese-English Dictionary of TCM>>. Referring to arthralgia owing to pathogenic factors invading the blood phase of the body, marked by numbness of the body, pain in the joints, slightly uneven pulse, and a little tense in the qi region. The treatment should be directed to reinforcing qi, regulating ying blood, activating yang to relieve the arthralgia by using Decoction of Five Herbs including Astragalus and Cinnamon (Huangqi Guizhi Wuwu Tang).
2. Retention of phlegm and fluid: Morbid conditions characterized by accumulation of damp as a pathological product resulting from dysfunction of the lung, spleen and kidney or from disturbance of water circulation in the passage of the three energizers. The thicker damp is called phlegm, while the thinner, fluid. Retention of phlegm and fluid can give rise to various diseases, one of the four kinds of fluid retention.
3. Interior heat syndrome resulting from yin deficiency: a morbid condition caused by yin deficiency resulting in hypo-function of the spleen and retention of food and drink in the stomach which is transformed into

internal heat, manifested as restlessness, fever, epigastric distension, anorexia, lassitude, thin and yellowish coating of the tongue, thread and rapid pulse, etc.

4. The spleen controls blood flow: this is one of the main functions of the spleen, referring to the effect of the spleen of keeping the blood flowing within vessels and preventing extravasation of blood. Qi will be sufficient when the spleen-qi functions properly because the spleen is the source for producing qi, while the sufficient qi will ensure the normal flow of blood. Pathologically, deficiency of qi due to the disturbed spleen unable to generate adequate qi will lose the function of controlling blood and leads to extravasation of blood, manifested as various kinds of bleeding such as hemafecia, hematuria, metrostaxis and metrostasis, menorrhagia, subcutaneous haemorrhage, etc.
5. Regulating Ying-wei: Ying and wei in English is nutritive-qi and defensive-qi. The disharmony between nutritive-qi and defensive-qi is a morbid condition marked by breakdown of the physiologic coordination between the nutritive-qi and the defensive-qi. The defensive-qi, a yang-natured substance, functions to protect the superficies and control the discharge of yin-fluid, while the nutritive-qi, a yin-natured substance, functions to nourish zang-fu organs and tissues. Thus, when the two kinds of qi are uncoordinated, the yang-qi will fail to protect the superficies and the yin-fluid be easy to lose from the surface of the body, giving rise to frequent fever, spontaneous sweating, aversion to cold or wind, etc.